

WHAT IS CLAIMED IS:

1. A breast self-examination apparatus, comprising:
 - a form-fitting garment; and,
 - 5 at least one examination pattern disposed on said garment.
2. The apparatus of Claim 1, wherein said garment is shirt-like and fabricated from a thin material.
 - 10 3. The apparatus of Claim 1, wherein said garment comprises a low-coefficient of friction to facilitate hand and finger movement over said at least one examination pattern.
 - 15 4. The apparatus of Claim 1, wherein said at least one examination pattern is disposed on said garment in such a manner so as to overly a breast of a wearer of said garment.
 - 20 5. The apparatus of Claim 4, wherein said garment further comprises at least one alignment mark centrally disposed within said at least one examination pattern, said

at least one alignment mark utilized to center a nipple of the breast of the wearer thereunder to properly align said at least one examination pattern over the breast.

5 6. The apparatus of Claim 4, wherein said garment further comprises at least one aperture centrally formed through said at least one examination pattern, said at least one aperture utilized to center a nipple of the breast of the wearer therethrough to properly align said at 10 least one examination pattern over the breast.

7. The apparatus of Claim 1, wherein said garment further comprises at least one armpit examination pattern disposed under an armpit area of said garment.

15 8. The apparatus of Claim 1, wherein said at least one examination pattern is selected from the group consisting of vertical patterns, spiral patterns, wedge patterns, quadrant patterns, circumscribed areas, 20 sectionalized patterns, arrowed patterns, colored patterns, differently lined patterns, textured patterns, and combinations thereof.

9. The apparatus of Claim 1, further comprising at least one marking instrument for marking or designating areas of suspected abnormalities directly on said garment.

5 10. The apparatus of Claim 9, wherein said at least one marking instrument is selected from the group consisting of permanent ink pens, temporary ink pens, non-permanent ink pens, washable ink, differently colored pens, differently colored marking instruments, hook-and-loop 10 fasteners, stickers, and combinations thereof.

11. A breast self-examination apparatus, comprising:
a form-fitting garment;
at least one breast examination pattern disposed 15 on said garment; and,
at least one armpit examination pattern disposed on said garment.

12. The apparatus of Claim 11, wherein said garment 20 is shirt-like and fabricated from a thin material.

13. The apparatus of Claim 11, wherein said garment comprises a low-coefficient of friction to facilitate hand

and finger movement over said at least one breast examination pattern and said at least one armpit examination pattern.

5 14. The apparatus of Claim 11, wherein said garment further comprises at least one alignment mark centrally disposed within said at least one breast examination pattern, said at least one alignment mark utilized to center a nipple of a breast of a wearer thereunder to
10 properly align said at least one breast examination pattern over the breast.

15 15. The apparatus of Claim 11, wherein said garment further comprises at least one aperture centrally formed through said at least one breast examination pattern, said at least one aperture utilized to center a nipple of the breast of the wearer therethrough to properly align said at least one breast examination pattern over the breast.

20 16. The apparatus of Claim 11, wherein said at least one breast examination pattern and said at least one armpit examination pattern are selected from the group consisting of vertical patterns, spiral patterns, wedge patterns,

quadrant patterns, circumscribed areas, sectionalized patterns, arrowed patterns, colored patterns, differently lined patterns, textured patterns, and combinations thereof.

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17. The apparatus of Claim 11, further comprising at least one marking instrument for marking or designating areas of suspected abnormalities directly on said garment.

10 18. The apparatus of Claim 17, wherein said at least one marking instrument is selected from the group consisting of permanent ink pens, temporary ink pens, non-permanent ink pens, washable ink, differently colored pens, differently colored marking instruments, hook-and-loop 15 fasteners, stickers, and combinations thereof.

19. A breast self-examination apparatus, comprising:
a form-fitting garment;
at least one examination pattern disposed on said 20 garment; and,
at least one marking instrument for marking or designating areas of suspected abnormalities directly on said garment.

20. The apparatus of Claim 19, wherein said garment is shirt-like and fabricated from a thin material.

21. The apparatus of Claim 19, wherein said garment 5 comprises a low-coefficient of friction to facilitate hand and finger movement over said at least one examination pattern.

22. The apparatus of Claim 19, wherein said at least 10 one examination pattern is disposed on said garment in such a manner so as to overly a breast of a wearer of said garment.

23. The apparatus of Claim 22, wherein said garment 15 further comprises at least one alignment mark centrally disposed within said at least one examination pattern, said at least one alignment mark utilized to center a nipple of the breast of the wearer thereunder to properly align said at least one examination pattern over the breast.

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24. The apparatus of Claim 22, wherein said garment further comprises at least one aperture centrally formed through said at least one examination pattern, said at

least one aperture utilized to center a nipple of the breast of the wearer therethrough to properly align said at least one examination pattern over the breast.

5 25. The apparatus of Claim 19, wherein said garment further comprises at least one armpit examination pattern disposed under an armpit area of said garment.

10 26. The apparatus of Claim 19, wherein said at least one examination pattern is selected from the group consisting of vertical patterns, spiral patterns, wedge patterns, quadrant patterns, circumscribed areas, sectionalized patterns, arrowed patterns, colored patterns, differently lined patterns, textured patterns, and combinations thereof.

15 27. The apparatus of Claim 19, wherein said at least one marking instrument is selected from the group consisting of permanent ink pens, temporary ink pens, non-permanent ink pens, washable ink, differently colored pens, differently colored marking instruments, hook-and-loop fasteners, stickers, and combinations thereof.

28. A method of breast self-examination, comprising the steps of:

a. obtaining a breast self-examination apparatus, comprising:

5 a form-fitting garment; and,

at least one examination pattern disposed on said garment; and

b. putting on said garment;

c. aligning said at least one examination pattern 10 over a breast; and,

d. examining and palpating the breast from the outside of said garment via guiding at least one finger over said at least one examination pattern.

15 29. The method of Claim 28, further comprising the step of: e. marking or designating directly on said garment areas of suspected abnormalities via at least one marking instrument.